



# HERS OPINION HIS



## TO THINE OWNSELF BE TRUE

BY C.M. BROOKS

One Saturday morning, I was abruptly awakened by the voice of an irate woman shouting, "You don't want me no more? You don't want me no more? You must not want me, because you're walking away..."

I lifted the blinds and peered out of my bedroom to focus on the source of the disturbance. There in the middle of the street stood a long-time neighborhood friend along with her silent boyfriend. Taking place was visibly, if not audibly clear. Their relationship was now ending. She was losing him for good and she was devastated.

So that following day, I asked myself why is losing a mate so painful? In an attempt to answer the self-imposed question, I have come up with two answers.

The basis of my first answer lies in the observations I have made of a close, personal friends' past relationship. She, not unlike many woman, had the tendency to sacrifice her separate individuality and wound-up confusing who she was with whom she was dating. For example; his friends became her friends, his values became her values, his phi-

losophies became hers and so forth. There is nothing wrong with taking an active part in a mates life, for this is what helps bind people together. Respect and appreciation of a mate's vocations only cement the ties that are forming or have formed. But, there is a point that you should be aware of. Once the relation-

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ship sours, you are, inevitably going to be left alone. If you don't have an invaluable survival skill such as knowing yourself, it will make the fallout all the more difficult to deal with. Personally speaking, it makes the simple, everyday tasks like getting out of bed, going to work, and even seeing friends an ordeal!

Perceptions of women in this society is the second answer to why losing a

mate is so painful. American society, even today, romanticizes the idea of a woman having a man. How many times have you heard remarks like "who are you seeing?" or "you are too pretty a girl not to have a boyfriend. My personal favorite is, "you better find a man soon, because it is all down hill after 25!"

Pearls of wisdom, such as these, not only create an unnecessary strain on a woman to just be in a relationship, but once the relationship fails, she perceives herself as having failed.

So what are the solutions you ask? Well the solutions are many, but I suggest only two. The first is you must be able to have some type of balance within your relationship and within yourself. In the case of my friend that I spoke of earlier, she had to eliminate matters like how people viewed them (she and her boyfriend) together, social status, and even economics at the very beginning. Then and only then will she be able to retain a sense of autonomy at the end of the relationship. Knowing yourself and knowing yourself well is the second solution. Understand that you are capable of doing and giving in any relationship, will also be a benefit to you. Because losing yourself is much more painful than losing a mate.

## Abandonment: Fear of Losing The One You Love

BY ULLYSSES TUCKER, JR.

At the heart of every relationship; or at least most of them is the fear of losing your beloved or mate. Think of all the times you might have told or suggested to someone that you would never leave them? Had you lived up to his promise, chances are that you would have several lovers or mates in your life today. Everyone has lost someone they loved at one time or another. No one is immuned to losing someone they love unless they

parental-child relationships where the mother is dissatisfied with her spouse and turns to her son for emotional support or the father who attempts to keep his daughters affection to himself. The end result is the son feeling emotionally tied ("mama's boy") and the daughter feeling the ("daddy's little girl") same towards her father. A person may fear being smothered in a relationship because their parents did them the same way. There are countless emotional, psychological, family base arguments as to why people fear losing someone they

most, your parents, have let you down or hurt you many times before. "What makes that man or woman any different from my past experiences", you ask. Can these fears be eliminated?

In my opinion, the fear of losing the one you love can be eliminated, but it takes time and open communication between partners. Relationships have a way of opening up past pain and old wounds. Some people are so paranoid in their relationships that they ultimately push the other away with negative behavior or attitude. Past experiences can

**EVERYONE HAS LOST SOMEONE THEY LOVED AT ONE TIME OR ANOTHER. NO ONE IS IMMUNED TO LOSING SOMEONE THEY LOVE UNLESS THEY DON'T TAKE RISKS OR INVOLVE THEMSELVES IN RELATIONSHIPS. LOSING IS A FACT OF LIFE. THOUGH YOU MAY LOSE A LOVER, MATE, OR HUSBAND-THAT DOES NOT MAKE YOU A LOSER**

create a self-filling prophesy, if you will. If people continue to live out old wounds consciously or in relationships, it will cut off the flow of intimacy and love. Growth in a relationship can only occur when two people are healthy enough, emotionally, to trust their fears, pain, and thoughts with each other. Sometimes, the

love, but the strongest ones come in the area of being abandoned emotionally as a child. People play out their childhood emotional trauma in relationships and marriages in some instance. They feel empty, powerless, and ashamed when they want to reach out or bond with others. Parents, in many cases, have no idea how much they contribute to their childrens emotional or psychological development as adults. Some effects are good and others are terrible. Fear of losing the one you love can be a direct result of not getting love, emotional or psychological support from your parents. It is difficult to trust and believe in another human being when the ones you respect the

fear of losing your loved one is justified because of their change in habits, infidelity, respect for you, and other elements that do not promote positive interaction. In these cases of extreme disrespect or wreckless disregard for your feelings, the affected party should consider termination of the relationship. It's not always your fault and instead of feeling fear, you should consider it a relief that they are leaving your life.

In summary, people should learn to stop allowing past pain or wounds to prevent them from living for the future or today. Your mate for life could be right before your eyes. Wake up!

The Portland Observer gladly accepts articles and photos for review for publication. Photos must be printable and preferable in black and white. Articles should not exceed 250 words and must be typewritten and double spaced. No material is returned unless requested and accompanied by a self-addressed stamped envelope.

Portland Observer



# THE LOCKER ROOM

## Black People Already Have \$\$ The Power: Redirect The Dollars

BY: ULLYSSES TUCKER, JR.

Recently, a colleague of mine in Massachusetts telephoned me, as he does once a month (consistently) to keep me abreast of political/economic developments on the east coast. He commented about the NIKE/PUSH situation and went on to share his observations on the boycott. An economic major in the doctorate program at Holy Cross College, he also talked about the economic clout black people have and suggested how we should redirect our values towards money. Cynthia Brooks, the new columnist for HIS/HER Opinion had made the same observations too in a previous conversation.

He said that if black people in the United States were country, we would have one of the top ten Gross National Products in the entire world. That's based strictly on the consumer dollars spent by black people, not the property, investments, or other assets we own. Black people would rank up there with Japan, England, Great Britain, Canada, Germany, and other powers around the world. That's real power! He went on further to say that we spend money, but we need to start focusing away from consumerism. The GNP premise indicates that black people have the economic base to stabilize our own communities and become less dependent upon "the system" for our survival. It's just a matter of us (black folks) straightening out our (their) priorities and redirecting our dollars. Two days ago, a youngster I know bragged to me about owning ten pair of NIKE tennis shoes and seven sweat suits. I'm his mentor in a program sponsored by one of the local churches I'm associated with. I laughed at how materialistic he was, calculated the total cost (in my mind)

and concluded that he could have purchased \$3,000 worth of stock in NIKE.

On a deeper note, just imagine if all of the black people in Portland (and the USA) invested their money in elements like C.D.'s, mutual funds, bonds, and other opportunities at black banks they can trust? I'm talking about building a powerful black bank. Furthermore, imagine black people spending their consumer dollars on goods/services offered by black businesses. Then, these same black businesses can turn around and make deposits in that "trusted" black bank. The cycle continues when those ("trusted") black bank lends money to black businesses for expansion or to black couples for home loans/home improvements. The "trusted" black bank Board of Directors would consist of credible black leaders, black corporate executives, and businessmen. These individuals would/could assist or help the bank with investment opportunities, economic development projects, and oversee college loans/scholarships. The Board of Directors could also help those "trusted" black banks buy up property in the community, conduct research for various venture capital projects, and support black social service agencies as well as black lawyers, who might be lobbying on Capitol Hill or down in Salem for black people. Black folks have the power already.

U.S. Bank, First Interstate, Bank of America, Security Pacific, Far West Federal, Seafirst Bank, Key Bank, Bank of California, West One Bank, or Washington Federal Bank--which one do you save your money or invest in? None of these banks are black owned and many of them systematically discriminate against blacks seeking car loans, homes, or expansion of black businesses. Ameri-

can State Bank, the only black owned bank in the city looks like a "ghost town" when I go in there compared to other banks. Why? Because the great majority of black people and black political/social service agencies in this town do not bank at this institution. Banking at black banks would definitely be the start of building a stable black community, economically. However, the black banks must be willing to meet the needs of its black customers. Partnership is essential. Currently, white banking institutions are meeting the needs of black people, black banks, throughout the United States (only 38) had better take a long hard look at the black (dollars) consumer power and get busy. Black people have the power.

Many white people see blacks as lazy, materialistic, criminals, welfare oriented, and shallow intellectually. We are the only ones who can eliminate these attitudes or perceptions. We can do that by simply stop blaming white folks for our shortcomings and become accountable for your life. The white man does not have that much power over my self-esteem or desire to be the best that I can be. Everyday, I read and see all the success stories about Asians, Vietnamese, and other ethnic groups making good in America. These groups are successful because they spend their money in their own communities, do not fear hard work, have a strong sense of togetherness and family. We need to get back to basics and use the power we have. Let us stop complaining about the effects of slavery, how the white man holds us back, and shake the shackles from your mind. Stop blaming the white man for our shortcomings and wake up.

We already have the power. Just check our pockets...

## N.F.L. plans satellite signal scrambling and eventual pay-per-view contests

by AARON FENTRESS

Once upon a time the N.F.L. was a struggling league trying to keep its head above water. Promoters of the N.F.L. tried everything to get fans interested in their sport. Today N.F.L. football is the biggest spectator sport in America. Of the top ten most watched television programs of all-time, six are Super Bowls. All this after the first Super Bowl in 1967 didn't even sell out.

Now the N.F.L. has gotten greedy. N.F.L. franchises run in value anywhere from \$60 million to \$150 million. The N.F.L. is definitely a rich league. And it's trying to get richer. Even at the expense of the fans who got the N.F.L. where it is today. How soon they forget.

The latest gripe, and eventual fan bamboozle, centers around satellite dish signals. Those lucky enough to own a satellite dish have the technology to pick up any N.F.L. broadcast regardless of the region in which they live in. That way those northwest folk can watch a real game being played elsewhere instead of suffering with the Seahawks.

It all sounds pretty innocent to anyone outside of the N.F.L.'s brain-trust. The signals being picked up by the satellite dishes are signals

that are being broadcasted for free in other regions across the nation. So what's the big deal.

The problem for the N.F.L. lies with the sports bars. N.F.L. officials claim that they don't have a problem with the individual who picks up the signals, only with the bars who boost up their business by showing other quality games out of their regions. God forbid a bar sells few extra beers.

"Sports bars are illegally stealing the signals of games that are not being shown in the area," said NFL spokesman Greg Aiello. "It's a federal copyright law. It's misappropriating a private signal."

First of all how private of a signal can it be when a significant chunk of the nation is already picking it up free. Second of all if it wasn't for the fans who go to sports bars ritually to watch their favorite teams there wouldn't even be an N.F.L. The league exist because we support it. No other reason.

The N.F.L.'s solution to this signal stealing is to scramble the signals. This way sports bar owners can't pick up the games. Then of course the N.F.L. is planning to start a pay-per-view system at around \$20 a game. Mo' money, Mo' money, Mo' money. And less respect for the people who make the N.F.L. what it is.

Right now fans are safe

from satellite signal scrambling. But in their new television contracts with the N.F.L., CBS and NBC were required to begin scrambling their regional telecasts this season. CBS, however, has claimed they've been delayed trying to get the necessary technology in place. NBC has just put off scrambling it's signals.

So for now, the bars and fans can watch their cross country games with no problems. But next year will be a different story.

"It's something we've tried to enforce for 10 years," Aiello said. "But it's impossible with all the bars and restaurants. The only effective way to do it is with scrambling."

Realistically \$20 a game isn't that much when you consider the money made by the extra customers who walk in and stagger out of sports bars. For the average fan at home ordering the game it shouldn't be that difficult to find a few friends and share the cost. But the price is not the issue. It's the principle of the situation. If sports bars didn't pick up the games the N.F.L. wouldn't loose any money. With the sports bars picking up the signals the N.F.L. really doesn't loose any money either. It just provides the N.F.L. with yet another opportunity to make more money. At the unwarranted expense of the people who make the league run in the first place, the fan.

### Street Clean-up in the Northeast

Sisters Gaining Equality Through Excellence (S.G.E.) is holding a street clean-up on October 13 from 12:00 p.m.-3:00 p.m. Anyone willing to help is welcome.

We meet at Peninsula Park on the south end. We'll go from Peninsula, head north, and stop at Skidmore street. Please come and support S.G.E.'s effort to clean up our community!